

Spicy Asian Chicken Sandwich

Ingredients

- 9 oz frozen cooked diced chicken
- 4 tbsp cream cheese, fat free
- 1 tbsp ranch seasoning
- 1/4 cup red bell peppers
- 1/4 cup red onions
- 1 tbsp sriracha
- 4 whole grain buns
- 1-1/4 cup romaine lettuce

Directions

1. In a 9 x 13 inch pan, mix together chicken, cream cheese, ranch seasoning, peppers, onions, and sriracha. Cover with foil and bake in a 350° F oven for 30 minutes.
2. Remove from oven and stir. Return to oven and continue to cook for 10 minutes. Ensure that the internal temperature has reached 165° F.
3. To serve, place 2.5 oz of chicken mixture on each bun and top with lettuce.

Notes

Number of Portions: 4

Serving Size: 1 sandwich

Nutrition Facts: 236 calories, 4.01 g fat, 0.13 g saturated fat, 520 mg sodium, 29.95 g carbohydrate, 3.75 g fiber, 3.7 g sugar, 20.71 g protein

